

# Beth B.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- BS in Business & Financial Services from California State University San Francisco
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Running and Hiking
- Kayaking
- Piano
- Camping
- Riding Dirt Bikes



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